

PUBLISHED BY:

SCAN

Building hope for children & families
in Northern Virginia

The **Parent Connection Resource Guide** is a semi-annual publication that helps service providers find parenting classes, parent support groups, playgroups and a variety of other parenting resources for the parents and families they work with throughout Northern Virginia.

This publication is available online at scanva.org by clicking on "Parent Education" or you can click [here](#).

If your agency has programs that you would like included, or if you would like to learn more, please contact SCAN at 703-820-9001 or send an email to info@scanva.org.

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LOOK FOR THESE ICONS:



Program offered
in **Spanish** or other
language



Childcare or **Children's
Program** provided



One-Time only event

Parent Connection

A PARENT EDUCATION RESOURCE GUIDE FOR SERVICE PROVIDERS IN NORTHERN VIRGINIA

FALL 2016

Parenting Classes / ALEXANDRIA



The ABCs of Parenting

SCAN of Northern Virginia

The program covers topics such as child development, praise and empathy, building your child's self-esteem, family rules, age-appropriate discipline, alternatives to spanking, and family stress management. No eligibility requirements. Registration is required. Class includes a family meal, childcare for children ages 0 to 4, a children's program with yoga component for children ages 5 and older, weekly raffles and educational materials.



No. of weeks: 8 weeks
Date: Thursdays, October 11 - December 8
Time: 6:00 – 8:30 p.m.
Location: First Assembly of God Church, 700 W. Braddock Rd, Alexandria, VA 22302
Cost: Free
Contact: Alice Clark at 703-820-9001
E-mail: aclark@scanva.org
Website: www.scanva.org
Language(s): **ENGLISH**



Family Links: Nurturing Parenting for Teens

SCAN of Northern Virginia

SCAN partners with TC Williams High School and the DreamDog Foundation to offer a facilitator-led parent education class and support group during school hours for expecting and parenting teens where they can gain useful resources and learn nurturing and positive parenting skills. Available to TC Williams High School students only.



No. of weeks: Ongoing during the school year
Location: TC Williams High School, 3330 King St, Alexandria, VA 22302
Cost: Free
Contact: David Wynne at 703-824-6878
E-mail: david.wynne@acps.k12.va.us
Website: www.scanva.org
Language(s): **ENGLISH & SPANISH**



Strengthening Families Program (ages 10-14)

SCAN of Northern Virginia partners with ACPS' Family And Community Engagement (FACE) Office and the Alexandria Department of Community & Human Services, Center for Children and Families to offer a facilitator-led parent education class for parents with children in middle school (ages 10 – 14).



No. of weeks: 7 weeks
Cost: Free
Contact: Alice Clark at 703-820-9001
E-mail: aclark@scanva.org
Website: www.scanva.org

Cora Kelly Elementary School (with Casa Chirilagua)

Date: Thursdays, September 22 – November 3
Time: 6:00 – 8:30 p.m.
Location: 3600 Commonwealth Ave, Alexandria, VA 22305
Language(s): **SPANISH**

FC Hammond Middle School

Date: Tuesdays, October 11 – December 13
Time: 6:00 – 8:30 p.m.
Location: 4646 Seminary Rd, Alexandria, VA 22304
Language(s): **ENGLISH & SPANISH**

Fathers in Touch

Capital Youth Empowerment Program

This parenting class for fathers includes three supervised visitation activities (one per month). The goals of the program are to educate fathers, increase positive interaction with their children, and develop positive communication skills. Dinner is provided. Registration is required. Call early as class fills quickly!



No. of weeks: 12 weeks
 Date: Tuesdays, starting Sept. 6
 Time: 6:30 – 9:00 p.m.
 Location: Charles Houston Recreation Center
 901 Wythe St, Alexandria, VA 22314
 Cost: Free
 Contact: Everette "Boobie" Mitchell at 240-676-7903
 E-mail: emitchell@cyep.org
 or boobie4747@hotmail.com
 Website: www.cyep.org
 Language(s): **ENGLISH**

Grandparenting Classes

Inova Health Source

This class encourages participants to refresh their memory on infant care, learn about important parenting updates and safety practices, and discuss ways to support the new family, even from a distance.



No. of weeks: One session; Classes held monthly
 Date/Time: Varies, class is 2 hours in length
 Location: Inova Alexandria Hospital
 4320 Seminary Rd, Alexandria, VA 22304
 Cost: \$40 per person
 Contact: 703-698-2441
 E-mail: childbirtheducation@inova.org
 Website: www.inovahealthsource.org/wellness/
 /childbirth-education
 Language(s): **ENGLISH**

Baby Care Classes

Inova HealthSource

A must-have class for expectant parents. A skilled instructor introduces baby care basics through instruction and hands-on practice. Topics covered in class will include what to expect from your new infant; holding and swaddling; feeding; bathing and diapering; and sleeping and safety.



No. of weeks: One session; Classes held regularly
 Date/Time: Varies on evenings and weekends
 Class is 3 hours in length
 Location: 4320 Seminary Rd, Alexandria, VA 22304
 Cost: \$65 (includes participant + one partner)
 Contact: 703-698-2441
 E-mail: ChildbirthEducation@inova.org
 Website: inova.org/wellness/childbirth-education
 Language(s): **ENGLISH**

Parenting Classes / ARLINGTON

Parent Encouragement Program (PEP)

PEP offers highly-regarded parenting classes for parents of toddlers through teens.



No. of weeks: Classes range from one-time workshops to 10-week core classes.
 Date: Varies
 Time: PEP offers classes during the day and in the evening.
 Location: Locations vary. PEP's office is based at 10100 Connecticut Ave Kensington, MD 20895
 Cost: Ranges from \$35 for a workshop to \$250 for a core class
 Contact: Antoinette Kranenburg, 301-929-8824
 E-mail: office@PEPparent.org
 Website: www.PEPparent.org
 Language(s): **ENGLISH**



Strengthening Families Program

Arlington County



An opportunity for Arlington families with youth ages 6-9 or 10 -14 to have fun, and improve communication skills by talking about topics like peer pressure, stress, substance use prevention, and setting appropriate limits. SFP is an evidence-based curriculum and includes free dinner and childcare.



No. of weeks: 7 weeks (older youth) or 14 weeks (younger youth)
 Date: September – December
 Time: 6:00 – 8:00 p.m.
 Location: Carlin Springs Elementary School
 5995 5th Rd S., Arlington 22204
 Cost: Free
 Contact: Carisa Pineda, 703-228-1108
 E-mail: cpineda@arlingtonva.us
 Website: strengtheningfamiliesarlington.com/
 Language(s): **ENGLISH & SPANISH**

Parenting Classes / FAIRFAX/FALLS CHURCH



Parent Project

Fairfax County Public Schools, Family
and School Partnership

Parents learn and practice specific prevention and
intervention strategies to avoid negative behaviors.



No. of weeks: 10 weeks
Date: TBD, call for more information
Time/Location: TBD
Cost: \$10 for the book
Website: www.fcps.edu/is/fam/reunification
Contact: Gisela Sanchez at 703-642-7403
or Dinora Gonzalez at 703-642-4370
E-mail: gtsanchez@fcps.edu or digonzalet@fcps.edu
Language(s): **SPANISH**



Families Reunite

Fairfax County Public Schools, Family
and School Partnership

Classes for parents who are in the process
of reunifying with their children after being
separated for many years. The class walks the parents
through a process of reconnecting with their children, thus
establishing a stronger family dynamic.



No. of weeks: 3 weeks
Date/Time: TBD, call for more information
Location: TBD
Cost: \$5 for the book
Website: www.fcps.edu/is/fam/reunification
Contact: Maria Mateus at 703-204-4342
E-mail: mdmateus@fcps.edu
Language(s): **SPANISH**



Fortaleciendo la Familia

NVFS Multicultural Center

Strengthening Families is a program for Spanish-
speaking parents with children ages 0 to 15.
Childcare is provided.



No. of weeks: 10 weeks
Date: Wednesdays, ongoing
Time: 6:00 – 8:00 p.m.
Location: 6400 Arlington Blvd, Suite 110
Falls Church, VA 22042
Cost: Call for more information
Contact: NVFS Information & Referral at 571-748-2800
E-mail: mcir@nvfs.org
Website: www.nvfs.org
Language(s): **SPANISH**



Parenting Education Programs

Fairfax County

The Parenting Education Program teaches
positive and effective ways parents can interact
with their children at every age and stage of
development. Childcare and dinner are provided.



Cost: Free
Website: www.fairfaxcounty.gov/dfs/childreneyouth/nurturingparenting.htm

For parents with children ages 5-11

St. Andrew's Lutheran Church

No. of weeks: 12 weeks
Dates: September 13 – December 13
Location: 14640 Soucy Pl, Centerville, VA 20120
Contact: Debi Hackney at 703-324-7790
E-mail: debi.hackney@fairfaxcounty.gov
Language(s): **ENGLISH**

Mt. Vernon Presbyterian Church

No. of weeks: 13 weeks
Dates: September 19 – December 19
Location: 2001 Sherwood Hall Ln, Alexandria, VA 22306
Contact: Janet Little at 703-324-7501
E-mail: janet.little@fairfaxcounty.gov
Language(s): **ENGLISH**

St. Mark's Episcopal Church

No. of weeks: 12 weeks
Dates: September 14 – December 14
Location: 6744 S Kings Hwy, Alexandria, VA 22310
Contact: Mario Prada at 703-324-7405
E-mail: mario.prada@fairfaxcounty.gov
Language(s): **SPANISH**

For parents with children ages 12-17

St. Mark's Lutheran Church

No. of weeks: 12 weeks
Dates: September 13 – December 6
Location: 5800 Backlick Rd, Springfield, VA 22150
Contact: Alba Quinones at 703-324-7310
E-mail: alba.quinones@fairfaxcounty.gov
Language(s): **ENGLISH**

For African American parents with children ages 5-18

Heritage Fellowship Church

No. of weeks: 13 weeks
Dates: September 12 – December 12
Location: 2501 Fox Mill Rd, Reston, VA 20191
Contact: Natalie Bailey 703-324-3617
E-mail: natalie.bailey@fairfaxcounty.gov
Language(s): **ENGLISH**

Grandparenting Classes

Inova HealthSource

This class encourages participants to refresh their memory
on infant care, learn about important parenting updates
and safety practices, and discuss ways
to support the new family, even from a distance.



No. of weeks: One session; classes held monthly
Date/Time: Varies, class is 2 hours in length
Location: Inova HealthSource (Fairfax)
2700 Prosperity Ave, Fairfax, VA 22031
Inova Hospital (Fair Oaks)
3600 Joseph Siewick Dr, Fairfax, VA 22033
Cost: \$40 per person
Contact: Inova HealthSource at 703-698-2441
E-mail: ChildbirthEducation@inova.org
Website: inova.org/wellness/childbirth-education
Language(s): **ENGLISH**

Baby Care Classes

Inova HealthSource

A must-have class for expectant parents. A skilled instructor introduces baby care basics through instruction and hands-on practice. Topics covered in class will include what to expect from your new infant; holding and swaddling; feeding; bathing and diapering; and sleeping and safety.



No. of weeks: One session; Classes held regularly
 Date: Varies
 Time: Varies, evenings and weekends
 Class is 3 hours in length
 Location: Inova HealthSource (Fairfax)
 2700 Prosperity Ave, Fairfax, VA 22031
 Inova Hospital (Fair Oaks)
 3600 Joseph Siewick Dr, Fairfax, VA 22033
 Cost: \$65 (includes participant + one adult partner)
 Contact: Inova HealthSource at 703-698-2441
 E-mail: Childbirth Education@inova.org
 Website: inova.org/wellness/childbirth-education
 Language(s): **ENGLISH**

Baby Care for Dads Classes

Inova HealthSource

A must-have class for all dads-to-be! A skilled instructor introduces baby care basics through instruction and hands-on practice. Topics covered in class will include what to expect at the hospital; holding and swaddling; feeding; bathing and diapering; and sleeping and safety.



No. of weeks: One session; Classes held monthly
 Date: Varies, evenings
 Time: Varies, class is 3 hours in length
 Location: Inova HealthSource, 2700 Prosperity Ave
 Suite 100, Fairfax, VA
 Contact: Inova HealthSource at 703-698-2441
 E-mail: Childbirth Education@inova.org
 Website: inova.org/wellness/childbirth-education
 Language(s): **ENGLISH**



Co-Parenting: Two Parents, Two Homes

Fairfax County Public Schools, Family and School Partnerships

Co-Parenting: Two Parents, Two Homes is a 4-hour class designed to assist parents in focusing on the responsibilities of parenting from separate households and in keeping children out of the middle as they negotiate custody, visitation, child support, or divorce. This class meets the parent education guidelines developed by the Supreme Court of Virginia.



No. of weeks: One 4-hour daytime session
 (Saturday morning or Tuesday afternoon)
 Date: This class is offered 3 to 4 times per month
 in English and once a month in Spanish.
 Please call for the schedule.
 Time: Saturday morning (8:30 a.m. – 12:30 p.m.) or
 weekday afternoon (12:30 – 4:30 p.m.)
 Location: 2334 Gallows Rd, Dunn Loring, VA 22027
 Cost: \$40 per person/\$60 per couple
 (Reduced rates available for financial need)
 Contact: 703-204-4343 (English) or
 703-204-4304 or 4305 (Spanish)
 E-mail: susie.johnson@fcps.edu
 Webpage: fcps.edu/ccofam/resources/classes/
 Language(s): **ENGLISH & SPANISH**



Positive Parenting of Birth to 5 Year Olds

Fairfax County Public Schools, Family and School Partnerships

This 12-hour class is designed for parents or guardians of infants, toddlers and preschoolers. The class focuses on basic knowledge for more effective parenting. Topics include: child safety, enhancing early learning, healthy brain development, positive discipline, building self-confidence, and social/emotional development and kindergarten readiness.



No. of weeks: Six 2-hour evening sessions.
 Date: Mondays, September 12, 19, 26
 & October 3, 17, 24
 Time: 7:00 – 9:00 p.m.
 Location: 2334 Gallows Rd, Dunn Loring, VA 22027
 Cost: \$70 per person/\$110 per couple
 (Discounts are available if you take more
 than one class or for financial need.)
 Contact: 703-204-4343
 E-mail: susie.johnson@fcps.edu
 Webpage: fcps.edu/ccofam/resources/classes/
 Language(s): **ENGLISH**

Active Parenting of 5 to 12 Year Olds

Fairfax County Public Schools, Family and School Partnerships

This 12-hour class is for parents of elementary school-aged children. Parents discuss effective parenting strategies and explore ways to raise responsible, cooperative children. Topics include: communication, responsibility, misbehavior and consequences, respect, school success, and decision making.



No. of weeks: Six 2-hour evening sessions
 Date: Tuesdays, September 20, 27 &
 October 4, 11, 18, 25
 Time: 7:00 – 9:00 p.m.
 Location: 2334 Gallows Rd, Dunn Loring, VA 22027
 Cost: \$85 per person/\$125 per couple
 (cost includes one \$15 book)
 Discounts are available if you take more
 than one class or for financial need.
 Contact: 703-204-4343
 E-mail: susie.johnson@fcps.edu
 Webpage: fcps.edu/ccofam/resources/classes/
 Language(s): **ENGLISH**



Strengthening Your Parenting Skills

Fairfax County Public Schools, Family and School Partnerships

Strengthening Your Parenting Skills is a 10-hour parenting skills class for parents or guardians of children infant to eleven years old. The class focuses on basic knowledge for more effective parenting. Topics covered include: Child Safety, Positive Discipline, Child Development, Communication, and Setting Limits and Boundaries.



No. of weeks: Four 2 ½-hour evening sessions.
 Date: Wednesdays, September 7, 14, 21, 28
 Location: 2334 Gallows Rd, Dunn Loring, VA 22027
 Cost: \$60 per person/\$90 per couple
 (Discounts are available if you take more
 than one class or for financial need.)
 Contact: 703-204-4304 or 4305 (Spanish)
 E-mail: susie.johnson@fcps.edu
 Webpage: fcps.edu/ccofam/resources/classes/
 Language(s): **SPANISH**



Parenting Teens

Fairfax County Public Schools, Family and School Partnerships

This 12-hour Parenting Teens class will help parents learn strategies to communicate more effectively with children 12 to 18 years old. Topics include: developing responsibility, growing independence, decision making, improving self-esteem, curfews, school work, and discipline.



No. of weeks: Six 2-hour evening sessions.
Date: **English:** Wednesdays, August 3, 10, 17
Spanish: Tuesdays, August 2, 9, 16, 23, 30 & September 6
Time: 7:00 – 9:00 p.m.
Location: 2334 Gallows Rd, Dunn Loring, VA 22027
Cost: \$85 per person/\$125 per couple (cost includes one \$15 book)
Discounts are available if you take more than one class or for financial need.
Contact: 703-204-4343 (English)
or 703-204-4304 or 4305 (Spanish)
E-mail: susie.johnson@fcps.edu
Webpage: fcps.edu/cco/fam/resources/classes/
Language(s): **ENGLISH & SPANISH**



Dads Matter

Fairfax County Public Schools, Family and School Partnerships

Research has shown that when dads are involved in their child's education, test scores go up and the dropout rate goes down. Dads serve as a positive role model for both sons and daughters. Join with other dads to learn and share positive fathering strategies. Topics include: Identifying roles and goals, understanding the difference between influence and control, recognizing what children need, and developing a support system.



No. of weeks: One 2 ½ -hour evening session
Date: Thursday, October 20
Time: 7:00 – 9:30 p.m.
Location: 2334 Gallows Rd, Dunn Loring, VA 22027
Cost: \$20 per person
(No discounts offered on this class.
Reduced rates offered for financial need.)
Contact: 703-204-4343
E-mail: susie.johnson@fcps.edu
Webpage: fcps.edu/cco/fam/resources/classes/
Language(s): **ENGLISH**

Parenting Classes / LOUDOUN

Loudoun Nurturing Parenting Program

Loudoun Citizens for Social Justice (LAWS)

Classes cover a wide range of parenting topics. Children are encouraged to attend class sessions with their parent(s). Age appropriate classes are offered to help children develop communication and relationship skills. Childcare is provided for infants and toddlers. The classes are FREE to the public.



No. of weeks: 9
Date: October 6 – December 8
Time: 5:30 – 8:00
Location: 105 E Market St, Leesburg, VA
Cost: FREE
Contact: Cortney Thomas at 703-771-3973 x 27
E-mail: nurturing.program@lcsj.org
Website: lcsj.org/services
/nurturing-parenting-program/
Language(s): **ENGLISH**

Parenting Classes / PRINCE WILLIAM



STEP - Systematic Training for Effective Parenting

Virginia Cooperative Extension, Prince William County

This program is for parents of young children (birth to age 5) or school-age children (ages 6 to 12) who want to better understand their children's behavior. The class will focus on how parents can build self-esteem, implement effective discipline and help children learn how to cooperate and communicate. Preregistration is required.



No. of weeks: 7 weeks
Date: Call or check website
Time: 7:00 – 9:00 p.m.
Location: Various locations in Prince William County
Cost: \$40
Contact: Julie Stiles (English) at 703-792-6288
Spanish speakers call 703-792-5940
E-mail: jstiles@pwcgov.org
Website: pwcgov.org/parenting
Language(s): **ENGLISH & SPANISH**



Juvenile Justice Parenting Program

Virginia Cooperative Extension

This program is for families of adolescents and pre-adolescents, ages 12 to 17, who display at-risk behaviors and are in danger of becoming court involved. Pre-registration is required.



No. of weeks: 8 weeks
Date: Call or check website
Time: Parents: 7:30 – 9:30 p.m.
Youth: 5:30 – 6:30 p.m.
Location: Ferlazzo Government Building
15941 Donald Curtis Dr.
Woodbridge, VA 22192
Cost: \$40
Contact: Julie Stiles at 703-792-6288
Spanish speakers call 703-792-5940
E-mail: jstiles@pwcgov.org
Website: www.pwcgov.org/parenting
Language(s): **ENGLISH & SPANISH**



When Families Get Angry

Virginia Cooperative Extension, Prince William County

This class is designed to help parents understand and constructively deal with anger in the family. Topics discussed include anger between parents and conflict between children and siblings. Pre-registration is required.



No. of weeks: 3 weeks
Date: Call or check website
Time: 7:00 – 9:00 p.m.
Location: Various locations in Prince William County
Cost: \$40
Contact: Julie Stiles at 703-792-6288
Spanish speakers call 703-792-5940
E-mail: jstiles@pwcgov.org
Website: www.pwcgov.org/parenting
Language(s): **ENGLISH & SPANISH**

Parent Support Groups / ALEXANDRIA



Parents Empowered

SCAN of Northern Virginia and FACE

These weekly drop-in sessions welcome all Alexandria parents who want help managing family life and supporting their children's success. Join the facilitator to talk about how to manage children's behavior, set limits, and develop creative ideas for positive discipline, family rules and avoiding frustration in modern-day parenting.



No. of weeks: Ongoing
 Date: Mondays, beginning October 3
 Time: 6:00 – 7:30 p.m.
 Location: ARHA Main Building, 1st floor conf. room
 401 Wythe St, Alexandria, VA 22314
 Cost: Free
 Contact: For registration call the FACE Center
 at 703-824-6865 or register online
 at www.acps.k12.va.us/face-centers.
 For information about the program,
 call Alice Clark at 703-820-9001
 E-mail: aclark@scanva.org
 Website: www.scanva.org
 Language(s): **ENGLISH**



Padres de Hoy

SCAN of Northern Virginia and FACE



Children are always changing, always taking parents by surprise. Starting this fall a group of Spanish-speaking parents will meet to discuss/share their parenting experiences with a facilitator who has experience teaching and helping parents achieve more effective parenting skills. For families with children from birth to teenage years.



No. of weeks: Ongoing
 Date: Wednesdays, beginning October 5
 Time: 6:30 – 8:00 p.m.
 Location: Brookside FACE Center
 601 Four Mile Run Trail, Alexandria, VA 22305
 Cost: Free
 Contact: For registration call the FACE center at
 703-824-6865 or register online at
www.acps.k12.va.us/face-centers.
 For information about the program,
 call Alice Clark at 703-820-9001
 E-mail: aclark@scanva.org
 Website: www.scanva.org
 Language(s): **SPANISH**



New Moms Group

Inova HealthSource



This drop-in group is perfect to meet new friends and talk about the challenges and joys of being a new mom. An experienced maternal-infant educator facilitates the informal discussion. Pre-registration is not required.



No. of weeks: Ongoing
 Date: Tuesdays
 Time: 12:00 – 1:30 p.m.
 Location: Inova HealthPlex-Franconia/Springfield
 6355 Walker Ln, Alexandria, VA 22310
 Main Floor Classroom
 Cost: Free
 Contact: Inova HealthSource at 703-698-2441
 E-mail: childbirtheeducation@inova.org
 Website: inova.org/wellness/childbirth-education
 Language(s): **ENGLISH**



Women's Domestic Violence Support Group

Department of Community & Human Services,
 Domestic Violence Program

These confidential weekly support groups, designed for women who are survivors of domestic violence or are currently in an abusive relationship, provide a valuable way to understand the impact of violence on themselves and their relationships, gain tools to keep themselves safe and empowered and share their experiences with others. Alexandria City residents only please. Childcare provided for English support group.



No. of weeks: Ongoing
 Date/Location: Call for details
 Cost: Free
 Contact: 703-746-4911 (English)
 Sofia Fraser at 703-746-4911 (Spanish)
 Language(s): **ENGLISH & SPANISH**

Parent Support Groups / ARLINGTON



Project Family: Parents and Children Learning Together

Arlington Dept. of Human Services,
 Child and Family Services Division



Project Family is parents and children from newborn to age five learning together! Project Family supports and empowers strong families by enhancing the parenting skills of Arlington parents, providing opportunities to connect with neighbors and make new friends, linking parents to community resources and information, and equipping children with preschool and kindergarten school readiness skills. Most classes are bilingual in English and Spanish. Classes are offered at various locations throughout Arlington. Ongoing, open-registration on a space available basis. Call for current schedule.

No. of weeks: Ongoing; parents may attend 2x/week
 Date: September – December
 Time: Mornings or afternoons, varies by site
 Location: Arlington Mill Community Center
 909 S. Dinwiddie St, Arlington, VA 22204
 Other locations also available.
 Cost: Free. Must live in Arlington.
 Contact: Cheryl Fuentes
 Phone: 703-228-1549
 E-mail: Cfuentes@arlingtonva.us
 Website: arlingtonfamilies.com
 Language(s): **ENGLISH, SPANISH & AMHARIC**

Parent Support Groups / FAIRFAX/FALLS CHURCH



Access Parent Support Group

McLean Bible Church

Access Parent Support Group is for parents of children with special needs, where they can come together for support and encouragement through prayer and fellowship. Registration is required. Childcare is available by reservation only.



No. of weeks: Twice/month
Date: Aug. 14 & 28, Sept. 11 & 25, Oct. 9 & 30;
Nov. 13 & 27; Dec. 11
Time: 12:30 – 1:30 PM
Location: McLean Bible Church, Room 1410
8925 Leesburg Pike, Vienna, VA 22182
Cost: Free
Contact: Isabelle Smith at 703-770-2971
E-mail: isabelle.smith@mcleanbible.org
Childcare Reservations:
Gabby Peters, gabby.peters@mcleanbible.org
Website: www.AccessMinistryMBC.org
Language(s): **ENGLISH**

Access Moms' Small Group

McLean Bible Church

This program is designed for mothers of children with disabilities and allows them to come together to share life with one another to discuss God's Word, interesting authors, and enjoy time with other moms; and, the best part is these moms can relate to the daily activities at home, in school, and with God.



No. of weeks: Bi-weekly on Thursdays
Date: Check website
Time: 10:00 AM – 12:00 PM
Location: McLean Bible Church, 8925 Leesburg Pike
Vienna, VA 22182 (Room 1605)
Cost: Free
Contact: Isabelle Smith at 703-770-2971
E-mail: isabelle.smith@mcleanbible.org
Website: www.AccessMinistryMBC.org
Language(s): **ENGLISH**

New Moms Return to Work Group

Inova HealthSource

This drop-in group is perfect to meet new friends and talk about the challenges and joys of being a new mom. An experienced maternal-infant educator facilitates the informal discussion. Pre-registration is not required.



No. of weeks: Ongoing
Date: Every 2nd Saturday
Time: 10:00 – 11:30 a.m.
Location: Inova HealthSource, 2700 Prosperity Ave,
Suite 100, Fairfax, VA 22031 (Room 7)
Cost: Free
Contact: Inova HealthSource at 703-698-2441
E-mail: ChildbirthEducation@inova.org
Website: inova.org/wellness/childbirth-education
Language(s): **ENGLISH**

New Moms Group

Inova HealthSource

This drop-in group is perfect to meet new friends and talk about the challenges and joys of being a new mom. An experienced maternal-infant educator facilitates the informal discussion. Pre-registration is not required.



No. of weeks: Ongoing
Date: Thursdays
Time: 11:00 a.m. – 12:30 p.m.
Location: Inova HealthSource, 2700 Prosperity Ave,
Suite 100, Fairfax, VA 22031 (Room 7)
Cost: Free
Contact: Inova HealthSource at 703-698-2441
Email: ChildbirthEducation@inova.org
Website: inova.org/wellness/childbirth-education
Language(s): **ENGLISH**

New Moms Group

Inova HealthSource

This drop-in group is perfect to meet new friends and talk about the challenges and joys of being a new mom. An experienced maternal-infant educator facilitates the informal discussion. Pre-registration is not required.



No. of weeks: Ongoing
Date: Wednesdays
Time: 11:00 a.m. – 12:30 p.m.
Location: Inova Fair Oaks Hospital Campus
Cancer Center Building
3580 Joseph Siewick Dr, Fairfax, VA 22033
Conference Room C
Cost: Free
Contact: Inova HealthSource at 703-698-2441
E-mail: ChildbirthEducation@inova.org
Website: inova.org/wellness/childbirth-education
Language(s): **ENGLISH**

Youth and Young Adults: Stronger Together Peer Support Groups

Formed Families Forward

We are planning for our 201-17 groups, held twice monthly in Fairfax city. Groups are facilitated by professional clinicians. Parents, caregivers and guardians have their own group meeting at the same time in the same building. Our 2015-16 group was a huge success. Please plan to join us!



No. of weeks: 16 weeks
Date: October, 2016 - MAY, 2017
Time: 6:30 – 8:00 PM
Location: 4031 University Dr, Fairfax, VA, 22030
Cost: \$5 per session per family;
reimbursed in May
Contact: Kelly Henderson at 703-539-2904
E-mail: kelly.henderson@formedfamiliesforward.org
Website: www.formedfamiliesforward.org
Language(s): **ENGLISH**

**Manejo de Enojo Para Mujeres**NVFS Multicultural Center

The Women's Anger Management Program for Spanish-speaking women interested in learning new skills to manage their anger. Childcare is provided.



No. of weeks: 10 weeks
 Date: Mondays, ongoing
 Time: 6:00 – 8:00 p.m.
 Location: 6400 Arlington Blvd, Suite 110
 Falls Church, VA 22042
 Cost: Call for more information
 Contact: 571-748-2800
 E-mail: mcir@nvfs.org
 Website: www.nvfs.org
 Language(s): **SPANISH**

Parent Support Groups / LOUDOUN**Family Support Group**Dominion Hospital

Mental Health Family Support Group

**Dominion Hospital***HCA Virginia Health System*

No. of weeks: Ongoing
 Date: 1st Monday of the month
 Time: 7:00 - 8:00 p.m.
 Location: Choices IOP 20925 Professional Plaza
 Suite 110, Ashburn, VA 20147
 Cost: Free
 Contact: Alex Fleche
 E-mail: alexandre.fleche@hcahealthcare.com
 Website: dominionhospital.com/service/choices-outpatient-services
 Language(s): **ENGLISH**

Access Moms' Coffee & ConnectMcLean Bible Church

Coffee & Connect is a time for mothers of children with special needs to step back from life to enjoy refreshments and sharing with each other in a safe and caring environment. RSVP is appreciated.

**MCLEAN BIBLE CHURCH**

No. of weeks: Monthly
 Date: Aug. 27; Sep. 24; Oct. 29; Nov. 19
 Time: 10:00 a.m. – 12:00 p.m.
 Location: Leesburg
 Cost: Free
 Contact: Isabelle Smith at 703-770-2971
 E-mail: isabelle.smith@mcleanbible.org
 Website: www.mcleanbible.org/coffeeandconnect
 Language(s): **ENGLISH**

Access Moms' Small Group (English)McLean Bible Church

This program is designed for mothers of children with disabilities and allows them to come together to share life with one another to discuss God's Word, interesting authors, and enjoy time with other moms; and, the best part is these moms can relate to the daily activities at home, in school, and with God.

**MCLEAN BIBLE CHURCH**

No. of weeks: Bi-weekly on Wednesdays
 Date: Check website
 Time: 10:00 a.m. – 12:00 p.m.
 Location: Sterling, VA
 Cost: Free
 Contact: Isabelle Smith at 703-770-2971
 E-mail: isabelle.smith@mcleanbible.org
 Website: AccessMinistryMBC.org
 Language(s): **ENGLISH**

**Family Education Groups**INMED Partnerships for Children

Provide the Loudoun Latino community with education on topics such as health, parenting, personal finance and local resources to strengthen families.

No. of weeks: Ongoing
 Cost: Free
 Contact: Coralís Fernandez at 571-465-5999
 E-mail: cfernandez@inmed.org
 Website: www.inmed.org
 Language(s): **SPANISH**

INMED's Family & Youth Opportunity Center

Date: 1st & 3rd Fridays
 Location: 21630 Ridgetop Cir, Suite 130
 Sterling, VA 20166

Douglass Community Center

Date: 2nd & 4th Fridays
 Time: 5:00 – 7:00 p.m.
 Location: 407 E Market St, Multipurpose Rm
 Leesburg, VA 20176

Playgroups / ALEXANDRIA**Learn and PlayGroup**Center for Alexandria's Children

Learn and Playgroups serve families with children 0-5 years old in Alexandria. Come to playgroups to make friends, get connected to resources and play together! Registration is free but required. Sites and dates vary; contact for more information.



No. of weeks: 8-15 weeks
 Date: September 6 – December 16
 Time: Varies, call for information
 Location: Center for Alexandria's Children
 1900 N. Beauregard St, Alexandria, VA 22311
 Locations of other playgroup sites:
 Ramsay Recreation Center
 5650 Sanger Avenue, Alexandria, VA 22311
 Cora Kelly Recreation Center
 25 W Reed Avenue, Alexandria, VA 22305
 The Pavilion at Mark Center
 5708 Merton Court, Alexandria, VA 22311
 New Brookside Apartment Building
 601 Four Mile Run, Alexandria, VA 22305
 The Brent Place Apartment Building
 375 S Reynolds Street, Alexandria, VA 22304
 Cost: Free
 Contact: Laura Ruth at 703- 746-6091
 E-mail: laura@alexandriaskids.org
 Website: www.alexandriaskids.org
 Language(s): **ENGLISH & SPANISH**

Playgroups / FAIRFAX/FALLS CHURCH

Break Out

McLean Bible Church

Break Out is an Access Friday-night respite care program designed especially for families of children with special needs and their siblings ages 2-16, who are living at home. The program is by reservation only and includes activities, crafts, and music. All new families must participate in an intake process prior to participation.



No. of weeks: Ongoing (1-2 Fridays/month)
Date: Aug. 26; Sep. 9 & 23; Oct. 7 & 28;
Nov. 4 & 11; Dec. 9
Time: 6:30 – 10:00 p.m.
Location: 8925 Leesburg Pike, Vienna, VA 22102
Cost: \$15 for first child, \$5 for each sibling
Contact: Erica Peters at 703-770-8654
E-mail: erica.peters@mcleanbible.org
Website: www.mcleanbible.org/breakout
Language(s): **ENGLISH**

Breakaway

McLean Bible Church

Breakaway is an Access Saturday-day respite care program designed for children and young adults with special needs ages 2-25, who are living at home. The program is by reservation only and includes activities, crafts, and music. All new families must participate in an intake process prior to participation.



No. of weeks: Ongoing (1-2 Saturdays/month)
Date: Aug. 27; Sep. 10; Oct. 8; Dec. 10
Time: 10:00 a.m. – 3:00 p.m.
Location: 8925 Leesburg Pk, Vienna, VA 22120
Cost: \$20 first child, \$10 each additional child
Contact: Erica Peters at 703-770-8654
E-mail: erica.peters@mcleanbible.org
Website: www.mcleanbible.org/breakaway
Language(s): **ENGLISH**

Playgroups / LOUDOUN

Break Out

McLean Bible Church

Break Out is an Access Friday-night respite care program designed especially for families of children with special needs and their siblings ages 2-16, who are living at home. The program is by reservation only and includes activities, crafts, and music. All new families must participate in an intake process prior to participation.



No. of weeks: Ongoing (1 Friday/month)
Date: Aug. 26; Sep. 30; Oct. 28; Nov. 18; Dec. 16
Time: 6:30 – 10:00 p.m.
Location: 44180 Riverside Pkwy, Lansdowne, VA 20176
Cost: \$15 for first child, \$5 for each sibling
Contact: Wendy Melcher at 703-770-8661
E-mail: wendy.melcher@mcleanbible.org
Website: www.mcleanbible.org/breakout
Language: **ENGLISH**

Playgroups / PRINCE WILLIAM

Breakaway

McLean Bible Church

Breakaway is an Access Saturday-day respite care program designed for children and young adults with special needs ages 2-25, who are living at home. The program is by reservation only and includes activities, crafts, and music. All new families must participate in an intake process prior to participation.



No. of weeks: Ongoing (1 Saturday/month)
Date: Aug. 20; Sep. 17; Oct. 15; Nov. 12; Dec. 10
Time: 10:00 a.m. – 3:00 p.m.
Location: McLean Bible Church
10002 Battlevue Pkwy, Manassas, VA 20109
Cost: \$20 first child, \$10 each additional child
Contact: Kayla Underwood at 703-639-2000 x3435
E-mail: kayla.underwood@mcleanbible.org
Website: mcleanbible.org/breakaway
Language(s): **ENGLISH**

Other Parenting Resources / ALEXANDRIA



Healthy Families

Northern Virginia Family Service

Healthy Families is a home-visiting program that supports expectant and new parents with children from birth to age 3, providing parent education, information on child health and development, developmental screenings and linkage to community resources. Multilingual staff is available.



No. of weeks: Weekly, biweekly or monthly home-visit (depending on level of need)
Time: Varies by appointment
Location: 4401 Ford Ave, Suite 303
Alexandria VA 22302
Cost: Free
Contact: Maria Gonzalez at 571-748-2851
E-mail: mgonzalez@nvfs.org or ewillingham@nvfs.org
Website: www.nvfs.org/hfalexandria
Language(s): **ENGLISH, SPANISH, HINDI, RUSSIAN, KYRGYZ, PUNJABI & URDU**



Infant and Toddler Connection of Alexandria

Parent Infant Education (PIE) Program, Alexandria Department of Community & Human Services

The program provides individualized early intervention services to developmentally delayed and high-risk infants and toddlers. The goals of the program are to minimize the impact of developmental delays and provide support and guidance to families. The program serves any Alexandria resident from age 0 to 3 who has a qualifying developmental delay, a qualifying diagnosed medical condition, or atypical development in motor skills, speech/language skills, social, self-help or adaptive skills.



Location: 4480 King St, 5th Floor
Alexandria, VA 222302
Contact: Robin Crawley at 703-746-3350
E-mail: robin.crawley@alexandriava.gov
Language(s): Translation & interpretation available in any language, including American Sign Language

Parent Leadership Training Institute of Alexandria (PLTI)

The Parent Leadership Training Institute of Alexandria seeks to enable parents to become leading advocates for children. PLTI's cornerstones are respect, validation and a belief that when the tools of democracy are understood, the public will become active participants in communities.



No. of weeks: 20 weeks
 Date: Classes begin with all-day retreat and continue Friday evenings following ACPS school calendar. Schedule with full list of dates is available on the website
 Time: 5:30 – 9:30 p.m.
 Location: Minnie Howard Campus of TC Williams HS 3801 W Braddock Rd, Alexandria, VA 22302
 Cost: Free
 Contact: Adrienne Fikes at 703-739-0233
 Email: info@plti-alex.org
 Website: www.plti-alex.org/schedule.html
 Language(s): **ENGLISH & SPANISH**

Breastfeeding Classes

Inova HealthSource

This class will prepare expectant parents for a successful and rewarding breastfeeding experience. Topics covered in class will include latching; how to hold your baby; how often and how long to feed; and how to avoid common problems.



No. of weeks: One session; classes held regularly
 Date: Varies
 Time: Varies, evenings and weekends, class is 3 hours in length
 Location: Inova Alexandria Hospital 4320 Seminary Rd, Alexandria, VA 22304
 Cost: \$65 (includes participant + one partner)
 Contact: Inova HealthSource at 703-698-2441
 E-mail: ChildbirthEducation@inova.org
 Website: inova.org/wellness/childbirth-education
 Language(s): **ENGLISH**

Childbirth Preparation Classes

Inova HealthSource

This class provides you and a support person with essential information as you prepare for birth. Includes practice of relaxation techniques. Topics covered in class include pregnancy; labor and birth; the early postpartum period; medication and anesthesia; and the basics of Cesarean birth.



No. of weeks: Four 3-hour sessions over 4 weeks, classes held regularly
 Date: Varies
 Time: Varies, evenings and weekends, class is 12 hours in length total
 Location: Inova Alexandria Hospital 4320 Seminary Rd, Alexandria, VA 22304
 Cost: \$190 (includes participant + adult partner)
 Contact: Inova HealthSource at 703-698-2441
 E-mail: ChildbirthEducation@inova.org
 Website: inova.org/wellness/childbirth-education
 Language(s): **ENGLISH**

Childbirth Express Classes

Inova HealthSource

This class provides you and a support person with essential information as you prepare for birth, in a condensed format. Topics covered include pregnancy; labor and birth; the early postpartum period; medication and anesthesia; the basics of Cesarean birth; and an introduction to relaxation techniques.



No. of weeks: Two 3-hour sessions over back-to-back evenings, or one 6-hour session on a weekend day; Classes held regularly
 Date: Varies
 Time: Varies, evenings and weekends, class is 6 hours in length total
 Location: Inova Alexandria Hospital 4320 Seminary Rd, Alexandria, VA 22304
 Cost: \$175 (includes participant + one partner)
 Contact: Inova HealthSource at 703-698-2441
 E-mail: ChildbirthEducation@inova.org
 Website: inova.org/wellness/childbirth-education
 Language(s): **ENGLISH**

Understanding Birth eClass

Inova HealthSource

This class is ideal for expectant parents who can't attend on-site childbirth classes due to work schedules, time constraints, or medical conditions. The childbirth eClass will help you understand pregnancy, learn about labor, see how the stages of labor unfold, and discover helpful comfort techniques.



No. of weeks: 3 months of access to the eClass materials
 Date/Time: On your schedule
 Location: Any location
 Cost: \$90 per account access
 Contact: Inova HealthSource at 703-698-2441
 E-mail: ChildbirthEducation@inova.org
 Website: inova.org/wellness/childbirth-education
 Language(s): **ENGLISH**

Sibling Preparation Classes

Inova HealthSource


The Sibling Preparation class provides an interactive way for children ages 3-7 to prepare for a new sibling. The class goes over what it means to be a big brother/sister, and allows the sibling to work on a craft gift for the new baby.



No. of weeks: One session; Classes held regularly
 Date: Weekend day
 Time: Varies, class is 1 hour in length
 Location: Inova Alexandria Hospital 4320 Seminary Rd, Alexandria, VA 22304
 Cost: \$30 per child (includes one parent and one child)
 Contact: Inova HealthSource at 703-698-2441
 E-mail: ChildbirthEducation@inova.org
 Website: inova.org/wellness/childbirth-education
 Language(s): **ENGLISH**

Twins, Triplets, and More! Classes

Inova HealthSource

This class is designed for the unique needs of parents expecting multiples.  **INOVA™**
Class topics include identifying preterm labor; coping with bed rest; what to expect during birth; breastfeeding multiples; basic care of multiples; and information about Inova Neonatal Intensive Care Unit (NICU) services.

No. of weeks: One session; Classes held bi-monthly
Date: Varies
Time: Varies, evenings, class is 3 hours in length
Location: Inova Alexandria Hospital
4320 Seminary Rd, Alexandria, VA 22304
Cost: \$100
(includes participant and one adult partner)
Contact: Inova HealthSource at 703-698-2441
E-mail: ChildbirthEducation@inova.org
Website: inova.org/wellness/childbirth-education
Language(s): **ENGLISH**

It's Never Too Early or Too Late to Talk to Your Kids: Preventing Risky Behaviors

These workshops are for parents and caregivers with children of all ages. Participants will learn more about teen pregnancy; substance use and gang involvement; why kids get involved in risky behaviors; what can be done to prevent these behaviors; and how to talk with your child about these issues.

Location: As requested
Cost: Free
Language(s): **ENGLISH**

Alexandria Campaign on Adolescent Pregnancy

Contact: Lisette Torres at 703-746-3130
Email: lisette.torres@alexandriava.gov
Website: www.keeplt360.org

Substance Abuse Prevention Coalition of Alexandria

Contact: Whitney Chao at 703-746-3670
Email: whitney.chao@alexandriava.gov
Website: www.preventitalexandria.org

Gang Prevention Community Task Force

Contact: Mike Mackey at 703-746-4144
or Joseph Regotti at 703-746-3670
Email: mike.mackey@alexandriava.gov
or joe.regotti@alexandriava.gov
Website: www.alexandriava.gov/gangprevention

Other Parenting Resources / ARLINGTON



Healthy Families

Northern Virginia Family Service

Healthy Families is a home-visiting program that supports expectant and new parents with children from birth to age 3, providing parent education, information on child health and development, developmental screenings and linkage to community resources. Multilingual staff is available.



No. of weeks: Ongoing
Date: Weekly, biweekly or monthly home-visits (depending on level of need)
Time: Varies
Location: 4401 Ford Ave, Suite 303
Alexandria VA 22302
Cost: Free
Contact: Meron Tesfaye at 571-748-2706
or Elizabeth Willingham at 571-748-2712
Email: mtesfaye@nvfs.org or ewillingham@nvfs.org
Website: www.nvfs.org/hfarlington
Language(s): **ENGLISH, SPANISH, HINDI, RUSSIAN, KYRGYZ, PUNJABI & AMHARIC**

Parent Infant Education (PIE) Program

Infant & Toddler Connection of Arlington

PIE is a family-centered early intervention program for children birth to 3 years of age with special needs and their families. Therapy and educational services are based on individual child and family needs and are designed around family routines and activities. Family must reside in Arlington County. Interpretation services are provided for any language as needed.



Location: Sequoia 2, 2110 Washington Blvd
Suite 350, Arlington, VA 22204
Cost: Eligibility determination and assessment for planning and service coordination are free; sliding scale fee for additional services
Contact: Leah Davidson at 703-228-1640
E-mail: ldavidson@arlingtonva.us
Language(s): Interpretation available for any language as needed

Parent Resource Center

Arlington Public Schools

The PRC provides information and support to parents, especially those with children who have special needs, to help families work with school staff to identify and meet their child's unique needs. All families are invited to attend our workshops and parent education opportunities, consult with PRC staff, utilize the lending library, and access the website. PRC staff members speak English and Spanish, and can provide translation for speakers of additional languages upon request.



No. of weeks: Ongoing
Dates: Monday – Friday
Times: 8:30 a.m. – 4:00 p.m.
(please call before visiting)
Location: Syphax Education Center
2110 Washington Blvd, Suite 158
Arlington, VA 22204
Cost: Free
Contact: Kathleen Donovan at 703-228-7239
E-mail: kathleen.donovan@apsva.us
Website: www.apsva.us/prc
Language(s): **ENGLISH, SPANISH & INTERPRETATION**
in other languages as needed

**www.arlingtonfamilies.com**Arlington Dept. of Human Services,
Child and Family Services Division

Welcome to Arlington Families—a website that links parents and caregivers to valuable online resources about what's happening for families in Arlington. Find a playground, meet other parents in a workshop, learn about school options, discover something fun to do over the weekend, or get connected to practical parenting ideas! Arlington Families brings you all this and more! Visit www.arlingtonfamilies.com today! Current workshop and class schedule available at www.arlingtonfamilies.com



Cost: Free
Contact: Cheryl Fuentes at 703/228-1549
E-mail: Cfuentes@arlingtonva.us

**Arlington Out of School Time Assets Conference – Youth Voice, Lean in and Listen**Arlington Out of School Council

A one day conference offering 3 sessions of workshops and youth-led panels. All sessions are designed to parents, staff and other caring adults to better listen to and support young people.

No. of weeks: One day conference
Date: Saturday, October 15
Time: 8:30 – 3:00pm
Location: Kenmore Middle School
200 S. Carlin Springs Road, Arlington 22204
Cost: FREE
Contact: 703-228-1671
E-mail: mswish@arlingtonva.us
Website: www.arlingtonoutofschool.us
Language(s): **ENGLISH**

Other Parenting Resources / FAIRFAX/FALLS CHURCH**The Parent Resource Center**Fairfax County Public Schools (FCPS)

The FCPS Parent Resource Center (PRC) helps parents and educators support student success. Attend a free workshop, request a confidential consultation or check out materials in our extensive library of resources! We provide support for all students, especially those with learning challenges, special needs and disabilities.



Date: Monday – Friday
Time: 8:00 a.m. – 4:00 p.m.
Location: 2334 Gallows Rd, Room 105
Dunn Loring, VA 22027
Cost: Free
Contact: Elaine McCall at 703-204-3941
Email: elaine.mccall@fcps.edu
Website: www.fcps.edu/dss/osp/prc/index.shtml
Language(s): **ENGLISH & INTERPRETATION**

Healthy Families Fairfax

Fairfax County's Department of Family Services
and Health Department, Northern Virginia
Family Service, Cornerstones and United
Community Ministries

Healthy Families is a home-visiting program that supports expectant and new parents with children from birth to age 3, providing parent education, information on child health and development, developmental screenings and linkage to community resources. Bilingual staff is available.

No. of weeks: Ongoing
Date: Weekly, biweekly or monthly home-visits (depending on level of need)
Time: Varies
Location: 4 locations in Fairfax County (Annandale, Reston, South County, Springfield)
Cost: Free
Contact: 703-246-8450
Website: www.fairfaxcounty.gov/d

**Infant & Toddler Connection of Fairfax-Falls Church**Fairfax-Falls Church Community Services Board (CSB)

ITC offers developmental assessments and services for eligible infants and toddlers younger than 3 years of age. Services are usually provided in the child's home or daycare setting within Fairfax County. Bilingual (English/Spanish) staff is available.



Date: Weekdays
Time: Daytime appointments
Location: Child's home or daycare setting
Cost: Free assessment; sliding scale fee for services
Contact: 703-246-7121
Website: www.fairfaxcounty.gov/csb/itc
Language(s): **INTERPRETATION** services are provided for any language as needed.

Breastfeeding ClassesInova HealthSource

This class will prepare expectant parents for a successful and rewarding breastfeeding experience. Topics covered in class will include latching; how to hold your baby; how often and how long to feed; and how to avoid common problems.



No. of weeks: One session; Classes held regularly
Date: Varies
Time: Varies, evenings and weekends, class is 3 hours in length
Location: Inova HealthSource (Fairfax)
2700 Prosperity Ave, Fairfax, VA 22031
Inova Fair Oaks Hospital
3600 Joseph Siewick Dr, Fairfax, VA 22033
Cost: \$65 (includes participant + one partner)
Contact: Inova HealthSource at 703-698-2441
Email: ChildbirthEducation@inova.org
Website: inova.org/wellness/childbirth-education
Language(s): **ENGLISH**

Childbirth Preparation Classes

Inova HealthSource

This class provides you and a support person with essential information as you prepare for birth. Includes practice of relaxation techniques. Topics covered in class include pregnancy; labor and birth; the early postpartum period; medication and anesthesia; and the basics of Cesarean birth.



No. of weeks: Four 3-hour sessions over 4 weeks;
Classes held regularly
Date: Varies
Time: Varies, evenings and weekends,
class is 12 hours in length total
Location: Inova HealthSource (Fairfax)
2700 Prosperity Ave, Fairfax, VA 22031
Inova Fair Oaks Hospital
3600 Joseph Siewick Dr, Fairfax, VA 22033
Cost: \$190 (includes participant + one partner)
Contact: Inova HealthSource at 703-698-2441
Email: ChildbirthEducation@inova.org
Website: inova.org/wellness/childbirth-education
Language(s): **ENGLISH**

Childbirth Express Classes

Inova HealthSource

This class provides you and a support person with essential information as you prepare for birth, in a condensed format. Topics covered include pregnancy; labor and birth; the early postpartum period; medication and anesthesia; the basics of Cesarean birth; and an introduction to relaxation techniques.



No. of weeks: Two 3-hour sessions over back-to-back
evenings, or one 6-hour session on a
weekend day; Classes held regularly
Date: Varies
Time: Varies, evenings and weekends,
class is 6 hours in length total
Location: Inova HealthSource (Fairfax)
2700 Prosperity Ave, Fairfax, VA 22031
Inova Fair Oaks Hospital
3600 Joseph Siewick Dr, Fairfax, VA 22033
Cost: \$175 (includes participant and
one adult partner)
Contact: Inova HealthSource at 703-698-2441
E-mail: ChildbirthEducation@inova.org
Website: inova.org/wellness/childbirth-education
Language(s): **ENGLISH**

Understanding Birth eClass

Inova HealthSource

This class is ideal for expectant parents who can't attend on-site childbirth classes due to work schedules, time constraints, or medical conditions. The childbirth eClass will help you understand pregnancy, learn about labor, see how the stages of labor unfold, and discover helpful comfort techniques.



No. of weeks: 3 months of access to the eClass materials
Date/Time: On your schedule
Location: Any location
Cost: \$90 per account access
Contact: Inova HealthSource at 703-698-2441
E-mail: ChildbirthEducation@inova.org
Website: inova.org/wellness/childbirth-education
Language(s): **ENGLISH**

Sibling Preparation Classes

Inova HealthSource

The Sibling Preparation class provides an interactive way for children ages 3-7 to prepare for a new sibling. The class goes over what it means to be a big brother/sister, and allows the sibling to work on a craft gift for the new baby.



No. of weeks: One session; Classes held regularly
Date: Weekend day
Time: Varies, class is 1 hour in length
Location: Inova HealthSource (Fairfax)
2700 Prosperity Ave, Fairfax, VA 22031
Inova Fair Oaks Hospital
3600 Joseph Siewick Dr, Fairfax, VA 22033
Cost: \$30 (includes one parent + one child)
Contact: Inova HealthSource at 703-698-2441
E-mail: ChildbirthEducation@inova.org
Website: inova.org/wellness/childbirth-education
Language(s): **ENGLISH**

Twins, Triplets, and More! Classes

Inova HealthSource

This class is designed for the unique needs of parents expecting multiples. Class topics include identifying preterm labor; coping with bed rest; what to expect during birth; breastfeeding multiples; basic care of multiples; and information about Inova Neonatal Intensive Care Unit (NICU) services.



No. of weeks: One session; classes held bi-monthly
Date: Varies
Time: Varies, evenings, class is 3 hours in length
Location: Inova HealthSource (Fairfax)
2700 Prosperity Ave, Fairfax, VA 22031
Inova Fair Oaks Hospital
3600 Joseph Siewick Dr, Fairfax, VA 22033
Cost: \$100 (includes participant + one partner)
Contact: Inova HealthSource at 703-698-2441
Email: ChildbirthEducation@inova.org
Website: inova.org/wellness/childbirth-education
Language(s): **ENGLISH**

From Bump to Baby Classes

Inova HealthSource

A one-day seminar consisting of back-to-back 90 minute express versions of 3 popular childbirth education classes, including Baby Care, Childbirth Preparation, and Breastfeeding.



No. of weeks: One session; Classes held bi-monthly
Date: Varies
Time: Varies, weekends, class is 5.5 hours in length
Location: Inova HealthSource, 2700 Prosperity Ave
Suite 100, Fairfax, VA 22031
Cost: \$175 (includes participant + one partner)
Contact: Inova HealthSource at 703-698-2441
E-mail: ChildbirthEducation@inova.org
Website: inova.org/wellness/childbirth-education
Language(s): **ENGLISH**

**Fall Movie Night**Formed Families Forward

Adoptive, foster and kinship families-kids and adults- are invited to kick-back for fall movie night, Friday, October 21, 7-9:30 PM. Kids will enjoy a G-rated movie while next door, parents and caregivers watch some clips from adoption, foster and kinship-related movies/films. Adults will have lots of time for discussion and support! Snacks provided to all.



Date: October 21
Time: 7:00 – 9:30 PM
Location: 4031 University Dr, Fairfax, VA 22030
(enter from South St. side)
Cost: FREE but reservations required.
Contact: Kelly Henderson at 703-539-2904
E-mail: Kelly.henderson@formedfamiliesforward.org
Website: www.formedfamiliesforward.org
Language(s): **ENGLISH**

**Back to School Basics: Helping your Child with Special Needs be Ready!**Formed Families Forward

Back to school time can be rough. Let us help you get off on the right foot. Dr. Kelly Henderson, Executive Director of Formed Families Forward, will share some thoughts on positioning your family for a great school year!



Date: Wednesday, August 24
Time: 6:30 PM – 8:00 PM WEBINAR
Location: 4031 University Dr, Fairfax, VA 22030
Cost: Free
Contact: Kelly Henderson at 703-539-2904
E-mail: Kelly.henderson@formedfamiliesforward.org
Website: www.formedfamiliesforward.org
Language(s): **ENGLISH**

**Taking the Next Step: Transitions through High School and Beyond**Formed Families Forward Training

Are you ready? As the new school year starts, let's think long-term! What transitions does your teenager face? Take an evening to get a jump on those tricky transitions. Youth ages 14 and older, along with parents or caregivers, are invited to come and learn tips on taking the next step from transition expert Rhonda Jackson!



Date: October 3
Time: 6:30 – 8:00 PM
Location: Formed Families Forward offices
4031 University Dr, Fairfax, VA 22030
Cost: Free
Contact: Kelly Henderson at 703-539-2904
E-mail: Kelly.henderson@formedfamiliesforward.org
Website: www.formedfamiliesforward.org
Language(s): **ENGLISH**

Other Parenting Resources / LOUDOUN**Infant & Toddler Connection of Loudoun**Loudoun Community Services Board (CSB)

ITC is an early intervention program for children ages 0 to 3 with developmental delays, diagnosed handicapping conditions or atypical development. Eligible children receive services at home or in daycare. Therapy and developmental services are available.



Date: Monday – Friday
Time: Daytime appointments, 8:30 – 5:00 p.m.
Location: 906 Trailview Blvd SE, Suite A
Leesburg, VA 20175
Cost: Sliding fee scale;
insurance and Medicaid accepted
Phone: Johanna VanDoren-Jackson at 703-777-0561
Language(s): **ENGLISH, SPANISH & INTERPRETATION**
services are provided for any language as needed.

**Mobile Hope Loudoun**Mobile Hope Association

Dedicated to children and young adults, 24 years of age and younger. To provide essential needs and services to those living in Loudoun County.



No. of weeks: Mobile Hope is open year round, but follows the Loudoun County Public Schools for closings and delays.
Date/Time: Monday – Thursday, 9:00 a.m. – 5:00 p.m.
Location: 31 Sycolin Road, SE Leesburg, VA 20176
Cost: Free
Contact: 703-771-1400
E-mail: donna@mobilehopeloudoun.org
Website: www.mobilehopeloudoun.org
Language(s): **ENGLISH & SPANISH**

Other Parenting Resources / PRINCE WILLIAM**Parent Resource Center**Prince William County Public Schools

The PWCS' Office of Special Education Parent Resource Center (PRC)'s mission is to assist parents and families of children with disabilities to become active participants in their child's education. The PRC has a lending library, provides information and supports parents regarding the special education process in Prince William County, and will refer parents to appropriate resources in the Division and the community.



No. of weeks: Sept. – Aug.
Date: Monday – Friday
Time: 8:00 a.m. – 4:30 p.m., evenings by appt.
Location: Kelly Leadership Center
14715 Bristow Road, Manassas, VA 20112
Cost: Free
Contact: Mary Jo Howarth at 703-791-7438
(Please call before visiting)
E-mail: howartmj@pwcs.edu
Website: www.pwcs.edu (Select Parents, Special Education, Parent Resource Center)
Language(s): **ENGLISH & TRANSLATION**
in other languages is available



Infant & Toddler Connection of Prince William

Prince William County Community Services

ITC is an early intervention program for children from birth to 3 years of age with developmental delays, diagnosed handicapping conditions or atypical development. Eligible children are seen in their home and community. Intervention staff coaches the caregiver in strategies to use throughout their normal routines to help the child and family meet their goals.



No. of weeks: Ongoing
 Date: Monday – Friday
 Time: 8:00 a.m. – 5:00 p.m.
 Location: 7987 Ashton Ave, Suite 231
 Manassas, VA 20109
 (most services provided in home)
 Cost: Free determination of eligibility;
 insurance and sliding fee scale for services
 provided by therapy and education staff
 Phone: 703-792-7879
 E-mail: vheuple@pwcgov.org
 Language(s): **ENGLISH & BILINGUAL (SPANISH)**
 staff available



Healthy Families

Northern Virginia Family Service

Healthy Families is a home-visiting program that supports expectant and new parents with children from birth to age 3, providing parent education, information on child health and development, developmental screenings and linkage to community resources. Multilingual (English/Spanish) staff is available. Serves Prince William County, the City of Manassas and the City of Manassas Park.



Date: Weekly, biweekly or monthly home-visits
 (depending on level of need)
 Time: Varies
 Location: 10056 Dean Dr, Manassas, VA 20110
 Cost: Free
 Contact: Natalie Gomez at 571-748-2688
 E-mail: ngomez@nvfs.org
 Website: www.nvfs.org/hfprincewilliam
 Language(s): **ENGLISH & SPANISH**

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